

Fall 2002

Crossroads

THE MAGAZINE

Missouri Southern State College



Careers

Climbing the Ladder

Campus Life

Educational Love

Arts & Entertainment

Road To Rock

Health & Living

In the Hands of a Midwife

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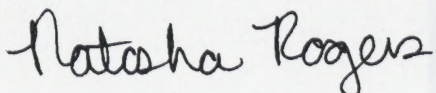
Crossroads: The Magazine achieved a fresh look this issue. I'm proud to say the entire staff helped to shape this issue of *Crossroads* into a broader magazine with health, human interest, as well as a nature story.

This issue also focuses on careers. Making money, finding the right job and being happy with your life may all conflict. Even with a college degree, it can be difficult to find a great job. Is happiness worth more than money, or is money what makes people happy? Everyone should ask themselves this question before entering the job field.

Whatever path you choose to travel, don't fret about making wrong choices. On the average, individuals find at least two or more careers in their lifetime. Many make the decision to start over. A degree in a specific field can usually carry over to many other related fields.

With any career, timing, networking and experience are important factors. It may take starting at the bottom of the barrel, but you can work your way to the top. And don't forget to connect with a variety of people. Somewhere down the road, they may be able to assist you in landing a certain job or position.

This fall 2002 issue of *Crossroads* holds something for almost everyone. Contact us via e-mail at crossroads@mail.mssc.edu. to let us know what you think.



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Andy Tevis

Climbing the Ladder

Lee Elliff Pound, Missouri Southern's alumni director, started at the bottom of the job ladder after college, but worked her way up with good timing and luck.

By Natosha Rogers

College degree can increase advancement potential.

Working up the job ladder takes “hard work and going the extra mile,” says Lee Elliff Pound, Missouri Southern’s alumni director. After working three different secretarial jobs right out of college, Pound was promoted to corporate services director at First Property Management Corporation in Little Rock, Arkansas.

“My boss was fired a month after I had been there, and I got her job,” Pound said. “For the year I worked there, I would go out to places such as Arkansas Children’s Hospital and the chamber of commerce trying to establish people that were coming in town and might need some temporary full-service housing.”

She then worked at the former Oak Hill Hospital in Joplin as the volunteer services coordinator. When Freeman Health System and Oak Hill merged, Pound became the hospital’s marketing and public relations director until 1996 when she came to Southern.

“I had served on the Alumni Board out here for seven years, and had just finished my term in May, and then they posted the job in August,” Pound said. “Timing, I think, is so important, and I feel like I’ve been blessed and very lucky.”

Pound offers internships in her office to provide real-life work experiences.

“There’s nothing more important than learning what it’s really going to be like when you get out there,” Pound said. “Your textbook information is so important, and you’ll always go back to what you learned in the classroom, but that’s just one component of what you’re going to have to do when you get out there.”

Some people say a degree is a vital tool, yet this is not true in all fields. Cheryl Patton, former assistant manager of The Buckle in Northpark Mall, graduated from Southern in 1999 with a bachelor of science and business administration in general business.

“If I had concentrated more on what I wanted to do in the future, then it would’ve been easier to decide what classes to take in college,” Patton said. “But I felt like I just needed to get a degree because that’s what everyone tells you, and it’s not necessarily true in a lot of cases.”

In retail, being an effective salesperson is the main key, and a college education may not be as important as having good people skills.



Howard Reding demonstrates some of the technology that helps him perform his job more effectively. “We are able to look up addresses, fire hydrant locations, and water mains on the laptops,” Reding said.

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Reding inspects his gear every morning to make sure nothing is missing or damaged before he loads it on the truck for the day.

"The more you sell, the better salesperson you become, and the further up the ladder you go," Patton said.

"I would like to have some type of outside sales job, and my degree will help me in that area."

Hard work is a main factor of being able to excel in the job market. Howard Reding, district fire chief of the Joplin Fire Department, spent many years working his way up the job ladder.

"I took a lot of training through the volunteer fire department in Duenweg," Reding said.

"As I got into it and started doing the work, I felt it was something I was good at and could excel in. I had enough training, and I got hired as a firefighter in Joplin."

Reding had to take competitive tests to make higher ranks in his job.

"I made the rank of driver engineer and did that for a little while," Reding said. "There are certain criteria for when you

are allowed to test, and once I met the criteria, I tested for captain and was able to acquire that job for almost a year."

Firefighters can move up to many ranking levels.

"Then I was allowed to test for district chief," Reding said. "It's possible that I can move up one more rank. You have to have an associate's degree or equivalent experience."

Without a degree, some people may be stuck in a certain job position where they can't go any further.

"Good things will come to people who get a degree and choose to use it," Reding said. "But it can also hold a person back if they don't have it."

Sticking it out through college can open more doors to opportunity.

"Many kids that go to college see the opportunity to go out, get a job and make money right away," Reding said. "But if they can just hold out for those four or five years, they can make a better life for themselves further down the road."

Careers Today

Story and Photos by Bill Shepherd



“When you make an attempt to teach someone something and they show they’ve learned it, it’s a really satisfying feeling.” *Randy Robertson*

Education alumni use degrees for different careers.

Deciding a career in today’s global economy can be a daunting task. With so many opportunities available, a person can achieve almost any career and work anywhere in the world. Although college is one of the number one ways to achieve a chosen career, students won’t always know what career is best for them.

Missouri Southern’s career services department helps guide students in understanding today’s job market. Pat Hurley, director of career services, said students might not necessarily know what kind of jobs are out there.

“We can help them expand their awareness on what kind of options students have, if they haven’t researched their field, and help them decide on a career field,” Hurley said.

She said career services offers many tools to help students achieve their goals, like networking interviews, resumé workshops and the Southern Job Network, an online service allowing students and alumni to post resúmes.

Hurley said today, internships are the number one experience tool employers look for. She said companies look for students with a work record in their field either as an internship or on their own.

“If students can use the skills they’ve already learned, it can dramatically improve their chances of [obtaining] the job they want,” Hurley said.

College degrees offer students a wide variety of opportunities in each field. Many Southern graduates have gone on to land successful careers in their chosen fields.

Education, a popular degree at Southern, allows students to go in many directions.

Three Southern alumni became successful education majors and chose different paths with their degrees.

Staying in the traditional role of education, Coach Robertson, as his students call him, decided to become a teacher. Randy Robertson is athletic director, head basketball coach, and eighth and ninth grade history teacher for Billings High School in Billings, Missouri, where he said he enjoys teaching. Robertson received his degree in physical education with a minor in history from Southern in 1979, and a master’s degree in administration from Southwest Missouri State University in 1996. For 22 years, he has taught students on the basketball court and in the classroom.

Robertson started the path to his career playing baseball for Crowder College in Neosho. He didn’t know exactly what he wanted to do, but over time, playing baseball led to interest in a physical education degree. A few years later, he became involved with Chuck Williams’ basketball team at Southern, and Robertson decided he wanted to become a basketball coach. Robertson thought in the future he might want to teach in the classroom, and pursued a minor in history.

Robertson was glad he chose a minor in college. Today, he enjoys the classroom as much as being on the court.

“Coaching and teaching are exactly alike,” Robertson said. “I teach in the classroom and I teach in the gym. When you make an attempt to teach someone something and they show they’ve learned it, it’s a really satisfying feeling.”

Robertson never really considered doing anything else in life and thoroughly enjoys his career. He said if he ever gets tired of being in the classroom or on the court, he’ll go into administration.

“I enjoy the balance of being in the classroom and being in the gym,” Robertson said. “As long as I feel like coaching, I’m going to do it.”

Growing up around her mother, a psychologist, and her father, an attorney, Danielle Garrity knew early in life she wanted to have a professional career. She decided to become a family attorney.

Garrity received her degree in secondary education in 1994 from Southern and a degree in law from the University of Missouri-Kansas City in 1997. Law appealed to Garrity, but she decided to obtain an undergraduate degree in education.

Garrity knew she loved working with children and would always like being a teacher if law didn't work out. Today, after being an attorney for four years, she has become an associate attorney at her family's firm in Joplin and a juvenile court appointed attorney for children. Her days are spent in a hustle from her office to local courthouses, where court can stretch long into the evening.

Garrity represents a variety of clients from child custody battles to speeding ticket misdemeanors. She frequently works with families and children in her career. Garrity said her degree in education, and her own three children, have helped her understand children better when she becomes their court appointed attorney.

"If there is a divorce filed where either of the two parties are saying there is neglect or abuse issues involved in the case, the judge can appoint me attorney for the child or children of that divorcing couple," Garrity said. "I meet with the families and give a report to the court on what I think is in the best interest of the child."

Garrity loves the rewards and challenges that come with her job.

"It can be very stressful because everyone who comes through my door has some kind of problem that they want fixed or some kind of issue that needs resolved," Garrity said.

She said the complexity of the law, and staying educated on new and old laws, can be taxing at times.

Although her job can be stressful, she loves being an attorney. She said she was certainly going to remain an attorney and can't imagine doing anything else in life right now.



Falling into one's chosen career might sound frightening, but to Brian King, insurance underwriter for the Barton Mutual Insurance Company in Liberal, Missouri, the process happened by chance. King, an honor roll student from Liberal High School, received a full scholarship to Southern and graduated in 1992 with a degree in business education.

"I started out as an accounting major," King said. "I don't know if you've ever had an accounting class, but it's pretty boring."

After two years of business classes, King decided it wasn't what he wanted to do for the rest of his life. While deciding to change his major, King knew he loved playing high school basketball. A desire to be a basketball coach is what led King to the education department. He already had two years of business classes and naturally wanted to apply those to a degree in education. After graduating from Southern, King took a one-year temporary position as a freshman basketball coach and substitute teacher at Kirksville, Missouri.

The long drive from his family led King not to pursue a future at Kirksville. While in Joplin the following summer interviewing for several teaching positions in the local area, he received an offer to fill in for an employee on maternity leave at his hometown insurance company.

"I had no idea what they did," King said. "I don't think anyone knows what the insurance company does."

After a few weeks at the company, the vice president asked King to become the company's underwriter. He accepted the job, and the next day received a teaching offer as well. Although it was a tough decision at the time, King thought the company had been generous, and he decided to try the business.

"I liked the whole idea of what an underwriter did," King said.

As an underwriter, he determines if new accounts are appropriate and whether risks are acceptable according to company guidelines.

"If an application doesn't meet our guidelines, I decide what adjustments need to be made," he said.

King loves the freedom at work and dealing with people.

"I've made friends all over the state of Missouri, people that I would have never had the chance to meet," he said.

In the future, King plans to stay in the insurance business and doesn't see himself going into education.

"I like the opportunities the company has in the future, and I want to be a part of it," King said.



"It can be very stressful because everyone who comes through my door has some kind of problem that they want fixed or some kind of issue that needs resolved." Danielle Garrity

Choosing a career in college can be a difficult road for some. With so many opportunities, the process can seem overwhelming. But, to find out what's right for them, students can learn to follow their strengths and the process of those who have gone before.

Show me
the money

Choosing a career
after Graduation

“People should definitely take the risk and start their own company or just work for themselves.”

By Shaunda Walker

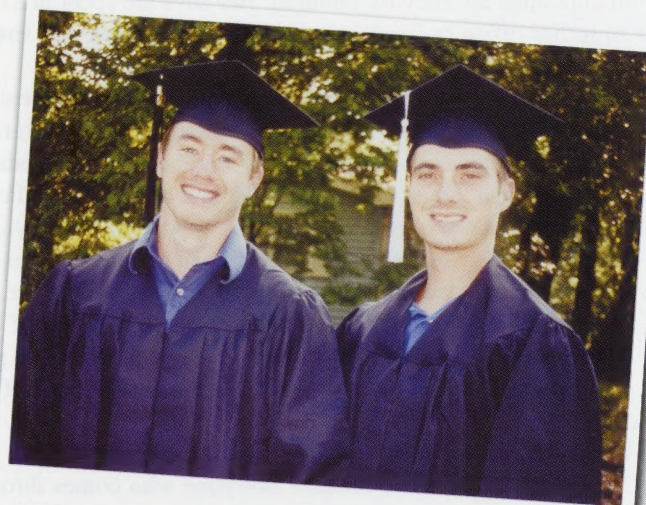
Show me the money — a line from *Jerry Maguire*, or a wish that recent graduates and soon-to-be graduates are hoping their future employers will fulfill? The answer is both. After polling numerous students on Missouri Southern’s campus, this was the resounding answer to the question, “What kind of career are you aiming for after college?” Students voiced a strong desire to merely make lots of money regardless of the career.

In a society experiencing a weakening economy, these goals may not be as easily reached as one would like to believe. According to EconEdLink, a site sponsored by the National Council on Economic Education, the United States is experiencing the highest unemployment rate in eight years at 6 percent. This recession has led to more than a million job cuts. With the nation in a recession, there are not nearly enough jobs available to employ the number of recent graduates.

“I finally graduated college and even though I know what I want to do, it isn’t as easy as you think it is,” said Shawn Delmez who graduated from Southern with a bachelor’s degree in 2002. “Even with a degree, it is hard to find a good job, especially in the profession you want. I would love a job that allowed me to make lots of money, but right now I would just like having a job that pays the bills.”

Paying the bills may not be the only motivation for choosing a career. Another option exists for choosing a profession — choosing an occupation that incites a passion for the work, instead of a passion for the paycheck.

Keeping one’s options open is one tip employ-



Mark Hertenberg and Shawn Delmez graduated in May 2002. Post-graduation, Delmez finds it difficult to start a career in the profession of his choice.

Submitted Photo

ment guides, like Hot Jobs: Jobs Searching Tips Web site, offer to job-seekers.

“The average human being will have four to five careers in their lifetime,” said Dr. Brian C. Babbitt, professor of psychology.

He said college students are on the right track to securing financial stability in the future.

“The more educated you are, the higher income bracket you place yourself in,” Babbitt said. “True, you may be giving up a little now, but it will pay off in the future.”

How does one take chances regarding his or her career? Amanda Weiler, junior history major, suggested others do what her parents did.

"After my parents became economically stable, with money put away for my education and bills, they quit their jobs and opened their own store," Weiler said. "It is something my parents always wanted to do, and even if they aren't making as much money now, they are just a lot happier, and to me, that is worth more than money."

For those who do find their current jobs unfulfilling, Weiler suggests following in her parent's footsteps.

"People should definitely take the risk and start their own company or just work for themselves," she said.

Self-employment is not an option most think of firsthand when contemplating the future, but it is a feasible endeavor. Most banks offer loans to assist with the cost of starting up a small business. And if the thought of hiring employees seems costly, one may find family and friends make great partners, as well as employees. Weiler often lends her services to her parents' shop when needed.

Kevin Nelson, a spring 2002 Southern graduate, already owns a landscaping company and is in the process of opening a restaurant in his hometown of Phoenix, Arizona.

"I knew I didn't want to work for anyone and you make more money and have more control being your own boss, so that is why I decided that this was for me," Nelson said. "A lot of my success so far I owe to college and the connections I made through networking there. I think that is one of the most important lessons you can learn in college is networking and how to communicate with others, because those are the same people you can call and perhaps get to work with you in the future."

Even if self-employment is not a desirable alternative, networking is still a tip to remember. Networking is among tips professional employment sites offer to graduates who are job hunting.

Searching for jobs online ?

- www.jobsonline.com
- www.hotjobs.com
- www.entrepreneur.com
- www.fabjob.com
- www.careerbuilder.com
- www.flipdog.com
- www.careermag.com
- www.monster.com
- www.nytimes.com/jobmarket
- www.onlinesports.com

Top 10 Job hunting tips for graduates by Bradley Richardson

1. **Tell everyone you meet about your goals and what you want to do.**
You can never tell who they might know.
2. **Don't be afraid to pick up the phone and call an employer.**
What is the worst thing that can happen? They can say "No." Big deal.
3. **Always get a contact name.** Cover letters addressed to "Whom It May Concern" will probably end up in the trash.
4. **There are no perfect interview answers.**
Employers simply want to see if you can hold an intelligent conversation.
5. **Don't worry if your grades are less than stellar.**
Employers don't care if you made a C+ in history during your sophomore year. They want people who are bright and willing to learn.
6. **Be persistent. don't take "No" for an answer too easily.** Employers are busy and may not have time to focus on you.
7. **You MUST follow up.**
8. **Treat secretaries & assistants with respect.** They hold the real power.
9. **Be Yourself.**
10. **Mass mailing 500 resumés and waiting for a phone to ring is not a job search.**

<http://campus.monster.com.hk/articles/7358/>



Wilderness trail provides avenue to pristine nature.

Story and Photos by Bill Shepherd

A full moon casts strange shadows through the tall forest trees. The shadows start to take shape and come alive. The senses become more acute. Fears begin to take hold as the dark forest slowly awakens from its day of sleep. The wind picks up, causing leaves to rustle across the forest floor. Crickets, locust and frogs roar to life and produce a symphony of sound, drowning out all stillness and silence. Owls hoot across a stream as it trickles through the rocks, disappearing deep into the wilderness. Small animals scurry through the brush and down the path beginning their night along Missouri's Ozark Trail.

A rich biological diversity of animal and plant life makes the Ozarks a unique, exciting region to live. Ozark valleys and mountain tops are covered with thick hardwood forests and dense underbrush. Clear springs, streams and rivers permeate the region, forming a variety of landscapes and geological wonders.

Since 1977, a large group of volunteers, public land managers, private land owners and trail users have desired to reveal the amazing beauty of the Ozarks through a proposed 500-mile trail. The group established the Ozark Trails Council and began to organize the dream of building a long-distance trail through the Ozarks.

Debbie Schnack, director of the planning and development program in the division of Missouri state parks, has been the Ozark Trail coordinator for 25 years. Her responsibility has been to organize meetings and communication between all land management agencies on the Ozark Trail Council.

"There has been a good cooperative effort between the state, federal and private



Taum Sauk Mountain, along the Ozark Trail, is Missouri's highest point at 1,772 feet. The mountain is home to Missouri's highest water fall, Mina Sauk Falls, which cascades 132 feet.

land management agencies and the volunteers to make the Ozark Trail a reality," Schnack said.

"I think we have a special place in the Ozarks to share with people, and I think by providing trail access, it's one of the best ways for people to see the Ozarks."

The Ozark Trail will start in the St. Louis metropolitan area near Castlewood State Park, stretch south through the Ozarks of southern Missouri to Norfolk Lake along the Arkansas border. The path will allow visitors to experience the rugged Ozarks as they once were, taking visitors to some of Missouri's thickest forests and deep into the wilderness. It will follow many of Missouri's wildest rivers like the Meramec, Current and Eleven Point, and pass a wide variety of scenic views and landscapes.

Johnson's Shut-Ins State Park and Taum Sauk Mountain State Park are two of the most visited and scenic areas along the trail. The parks lie back door to each other along the 33-mile Taum Sauk section of the Ozark Trail's southern loop in the St. Francois Mountains. Visitors can hike 13 miles along the Ozark Trail between the two state parks.

Jerry Toops, park superintendent for both state parks, said approximately 400,000 people a year visit the Shut-Ins and about 150,000 people a year visit Taum Sauk Mountain. Toops describes the area as being one of the most difficult, but scenic, sections to hike along the trail.

"I think this section is a little bit different than the rest of the trail, because it goes through the St. Francois Mountains," he said. "The trail is a steeper climb and definitely more rugged."

Although the Ozark hills are not consid-



(Above) Steve Werner, Fenton, Missouri, uses the Ozark Trail at Route 66 State Park to train for triathlons. (Below) Norfolk Lake, along the Missouri-Arkansas border, will be the last stop for the Ozark Trail in Missouri.





Swimmers make Johnson's Shut-Ins State Park one of the most popular outdoor attractions in Missouri. The Shut-Ins were formed when the east fork of the Black River became "shut in" between two hills. For 200 feet the river gradually drops over the volcanic rock, forming a long waterfall. Over the years, the water has worn the rock smooth and carved many deep cuts and bathtub-shaped pot holes.

ered mountains, the elevation gain of deep valleys mixed with high hilltops create the sense of mountains in the region.

The parks see thousands of hikers each year using the Ozark Trail and most hike in the spring or fall. Hikers may take a day hike or spend several days on the trail. Toops and the rest of the park staff keep the trail in good shape on state park land. During the winter, he and his crew have a chance to hike the trail to perform upkeep. Trail maintenance is the responsibility of the organization on which the trail falls, with certain sections maintained by volunteers.

Toops said the trail is a chance to experience the Ozarks in a natural, remote setting.

"You can plan a trip for a couple of days or a couple of months," Toops said.

Nancy Feakes, recreation and wilderness manager for the Mark Twain National Forest, keeps track of the trail through the forest. She said the Ozark Trail is part of more than 750 miles of trail the forest service manages. Feakes said some segments

of the Ozark Trail are not highly used, so the trail still remains mostly primitive. Although it would like to, the forest service is not able to maintain the trail past its primitive state. Feakes said the forest service would like to see greater interest and support for the trail.

"There are some beautiful things to enjoy in their natural settings," she said. "In the spring, you have the wild flowers, and in the fall, you have the color. It's a chance to get away from the routine of city life."

Hosteling International/American Youth Hostels is one of the many groups volunteering on the trail. Bruce Linders, St. Louis, is an event coordinator for the volunteer group and an avid hiker. The group maintains a parcel of land on the Trace Creek section of the trail. Through volunteers, the organization helps build and maintain other parts as well, and helps sponsor many events along the trail. Linders has hiked most of the completed trail and thoroughly enjoys living in the Ozarks.

"To me, the beauty of the Ozarks is com-



From Left: Jessica Gosett, Arnold, Missouri, and Robert and Phyllis Thompson, Alvin, Texas, wait to tour Fern Cave at Meramec State Park, along the Ozark Trail.

parable to the beauty of the mountains or oceans,” Linders said. “We’re a state that has one of the largest number of springs, one of the largest number of caves, and scenic views that go on for miles.”

Linders said backpackers can experience a variety of settings along the trail, from farm fields to previous communities and old cemeteries, to forests filled with waterfalls, streams and caves.

“People who haven’t experienced Missouri could get a good cross-section of the state by traveling on the Ozark Trail,” Linders said.

The future is bright for the Ozark Trail. Although a finish date is not set, the end of the trail is in sight. With more than 300 miles of trail developed on public land, the state now has to persuade private landowners to sell easements to their land.

Today, a large effort is under way in Arkansas to build a similar trail. It will connect with the Ozark Trail at the Missouri border and continue south through the Buffalo National River and connect to the 165-mile Ozark Highlands Trail in the Ozark National Forest and finish at Fort Smith, Arkansas. When the trails are complete, they will be called the Trans-Ozark Trail and stretch approximately 1,000 miles, making them one of the longest in the United States.

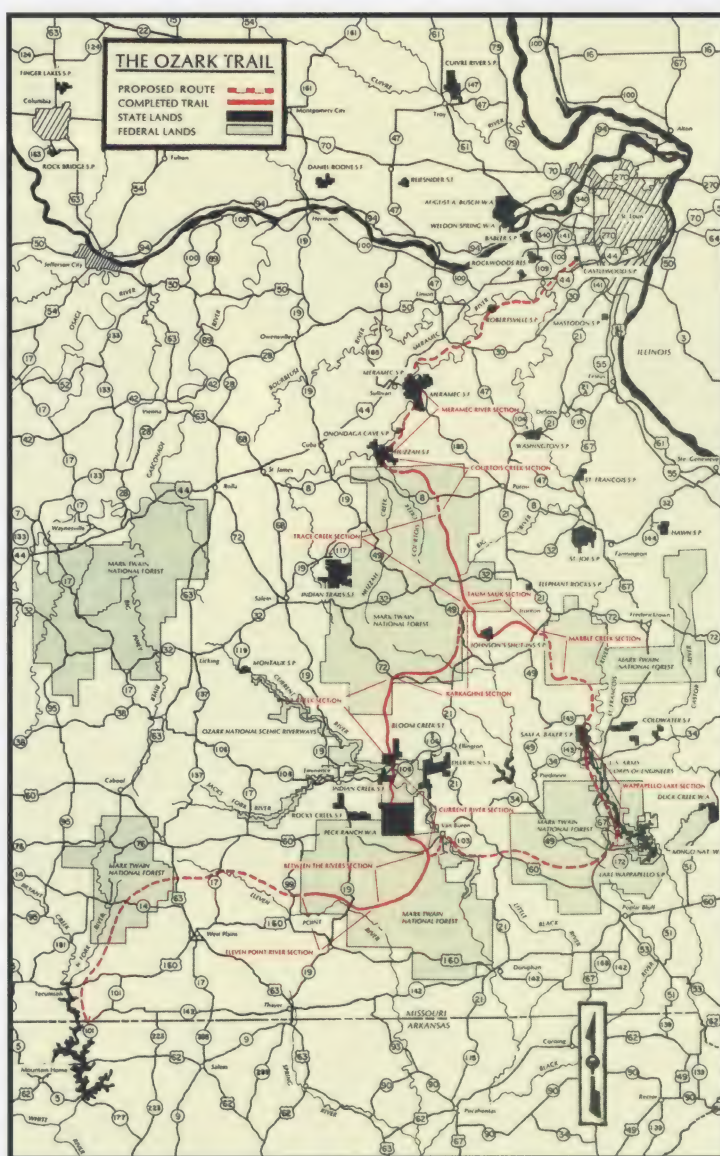
“The trail would be comparable to some of the long-distance trails in the East and West like the Appalachian Trail and the Pacific Crest Trail,” Schnack said.

Schnack said once the Ozark Trail is complete, it will highly benefit Missouri.

“It will provide needed recreational opportunities for Missouri as well as other states, and it would be an economic benefit,” she said.



The Meramec River winds slowly by the Bluff Trail at Castlewood State Park, just outside the St. Louis metropolitan area. This is one of several sections along the Ozark Trail.



The Ozark Trail is divided into several smaller completed sections named for the local geological feature in the area. They are the Meramec River, Courtois, Trace Creek, Karkaghne, Blair Creek, Current River, Between the Rivers, Eleven Point River, Taum Sauk, Marble Creek, and the Wappapello Lake sections.

*For information
on how to volunteer
or to receive a
brochure on
the Ozark Trail,
contact the
Missouri Department
of Natural Resources
at 573-751-2479*

Seattle Roast Caffé

Story by Tasha Jones/Photos by Andy Tevis



"It's a user-friendly environment.
It's more laid back; it's just comfortable."



Most mornings, the Seattle Roast Caffé is a cool, quiet place to curl up on a stuffed chair with a good book and a warm cup of coffee.

But by the time afternoon rolls around, the sun makes its way through the windows, whispered discussion becomes boisterous, crowds gather and conversation is alive and exciting.

A new and different story begins with every order Karen Garrison, supervisor of Seattle Roast Caffé, serves up.

"I see myself kind of as a surrogate mother, grandmother, adviser, counselor and friend," Garrison said as she advised a customer with a sore throat to drink some English Breakfast tea with crème de menthe to soothe her throat. "It's a user-friendly environment. It's more laid back; it's just comfortable."

Whether students or staff are taking their first trip to the shop, or their 100th, the faint smell of café au lait floats through the air. The customers know they are in a place where noise is the coffee shop's friend, and cell phone ringers can be left on without attracting dirty looks.

Garrison said many professors hold classes as well as meetings in the coffee shop. Students spread out on the mauve and purple stuffed chairs, making themselves comfortable. Or, they take a seat at the café and stanchion tables with their matching cushions and chrome legs.

"One day last week, we had a boy who was with a class," Garrison said. "He sat up on the stage and read a poem out loud to everyone."

"Those classes that are fortunate enough to have small enrollments can approach the environment a little differently with things that might be available, like the coffee shop" said Dr. James Jackson, professor of biology. "You want an environment like the coffee shop that's conducive to sharing information."

Jackson said places like the coffee shop "break the ice."

"It breaks down those barriers of who's a student and who's a faculty member," he said. "The students love it, with the exception of the prices they have to pay for coffee."

Garrison, who took the position when the shop opened in February 2000, and her

co-worker, Evangela Potts, senior English major, boast they will concoct almost any drink a customer can conjure up.

From the Milky Way to the Irish Black Sheep Mocha, the Seattle Roast Caffé enjoys creating custom drinks.

"I try to make the drinks comfortable to the patron," Garrison said.

"I don't make them stick strictly to what's on the menu. I let them mix and match so they get specialty drinks down here."

Garrison, known by some as the "coffee lady," has found the bottom floor of the library brings a pleasant customer base.

"That's the center of it down here," she said. "Once customers come down here and have a drink, they come back."

Opposite from the curved, contemporary counters of the coffee shop, relationships are formed at the circulation desk where students socialize, get help from the student or staff member on duty and find a common interest for their love of the busy bottom floor of the library. The cluster of computers is almost always full, forcing students to go to other less exciting floors to check e-mail, do homework or play computer games.

Seattle Roast Caffé is the only coffee shop hangout on campus, and while Garrison and her "coffee crew" work to create a toned atmosphere at the Seattle Roast Caffé, unfortunately, some believe it has a cafeteria feel more than a café feel.

Tara Tuepker, senior health promotion

and wellness major, said although she likes the coffee, there are some places she likes better.

"I like Joe Muggs because you can read fun books," she said. "It's too cold in the Seattle Roast Caffé, and even though my coffee tasted good, I needed a whole lot more of it for the money I spent."

Jackson, whose entire department brings its faculty meetings to the coffee shop, said the bottom floor of the library could use more art to get rid of that "unfinished feel."

"A former manager who used to work with AmeriServe talked about putting some art work down here to make it more visually appealing," Garrison said.

"He also talked about having music on Friday night, but I don't know what happened to that plan. He talked of trying to give it some ambiance, but nothing ever came of it."

This former employee no longer works for Southern, so Garrison does not know what will come of the ideas.

Despite this, students, faculty and staff make it their own.

A group of students, sprawled in an area of stuffed chairs, lay out their candy, gummy worms and Cracker Jacks along with books and notes. Except for some complaints of their difficult class week coming up, and the frigid temperature of the bottom floor of the library, the students enjoyed getting together at Seattle Roast.

"We can be loud and can have refresh-

ments," said Kristie Mullins, freshman respiratory therapy major. "Also, it's comfortable and [Garrison] is very nice."

"It's a little cold," said Brenda Ruch, freshman respiratory therapy major. "But, I like the furniture, and the coffee is good."

"I like the convenience," said Humna Rasool, senior respiratory therapy major. "I have the computers and everything here."

Rasool's only complaint is the coffee shop does not make smoothies, and Mindi Glover believes the coffee shop should have a refill option.

"Like 50 cents per cup," she said. "It's comfortable, and they have good coffee, but we're usually here for a couple of hours, and it just gets too expensive."

While Mullins likes the coffee menu, she believes the food menu could be expanded.

"They have a limited selection of stuff to eat," she said. "I need something besides sweets and caffeine."

Although some people don't like the coffee shop, most agree it is a good place to hang out, study and get a midday snack or drink. Garrison, a spry, curly-haired petite individual in her golden years, believes a good relationship and atmosphere can happen with the help of the customers.

"This place is something the school and the students should be proud of," Garrison said.

"I think overall, everybody is very comfortable coming down here."



Southern Style

Story by Kayla Nash/Photos by Andy Tevis

The sun beats down on Aaron Duff's shoulders as he briskly takes elongated strides across the Missouri Southern campus. He just put in three extensive hours of core classes and ended the morning with everybody's favorite, American History. He is ready to be back in his room.

Duff plans to get out of the sun, devour some non-cafeteria food and relax in his residence hall room until he has to drag himself back to Reynolds Hall for his dreaded afternoon Chemistry class.

Duff's room is his refuge. It's a place where he is comfortable and secure — at home despite everyday college pressures. But, some on-campus students don't have this luxury. Their walls are as naked as the day they moved in and practically nothing in their rooms honors their unique personalities. These students may even detest the "prison cell" rooms more than 8 a.m. English Lit.

East Hall

Duff, sophomore English major, along with roommates Derrick Erwin, Michael Stewart and Tyler Duke, understand the value of a fabulous room and take pride in the use of their individual styles to adorn their walls.

When walking into this East Hall home, the lights are unexpectedly low, the furniture is reversed to welcome incoming guests, and just a hint of incense mysteriously wafts through the air. But before their room could become anything more than a small chamber, the guys had much work to do.

"A lot of time and love went into this dorm," said Stewart, sophomore physical therapy major.

"There was, believe it or not, bird crap in various places in here," Duff said. "Also, there were numerous wires torn out of the walls."

Once the roommates fixed torn-out jacks, flip-flopped the furniture, and scrubbed out any and all bird droppings they came across, the room was ready to be personalized.

For starters, Duke, sophomore criminal justice major, brought in his small collection of dolphin merchandise. He brought a dolphin Afghan to cover the sofa and a 3-D dolphin light mobile, which provides both a small light source and a mini-aquarium displayed on top of the refrigerator.

"I love dolphins," he said. "OK, OK...girls like dolphins, so that's why I love them."

Erwin, sophomore marketing major, showcases his *Rage Against the Machine* silk hanging as a focal point of the living room. Roommate Stewart declares his love for Tupac by boldly hanging three posters in a nearby corner. The use of these posters



Decorations bring life to East Hall rooms.

in the room broadcasts both the style and individuality of the roommates.

"I think we need more Tupac up, though," Stewart said while referring to the three other Tupac posters in his room.

Unfortunately, his roommates don't quite agree with him on that notion.

A great residence hall room not only brings out the personal style of each roommate, it must also have an overall appeal for everyone to enjoy.

One essence in the room everyone agreed upon was the lighting — or lack thereof. The guys chose to do away with the campus-furnished lights as much as possible to allow their own personal lighting preferences to shine through.

"We like to keep it kind of dark in here because it's relaxing," Stewart said.

To add a little bit of color, however, they lined white rope lights at the baseboard of the walls and strung white Christmas lights into 4-foot fake trees.

Another favorable article in the room is the retro-style rug, which looks as if it was stolen off the set of "That 70's Show." The rug was actually purchased from a collection of dorm-related items Target carries.

"I prefer to call it Targét," Stewart said while pronouncing the word à la French flare.

This room style is almost perfect for four single guys looking to get as much out of their college experience as possible. According to Duff, the apartment has almost reached complete perfection.

"The only thing missing now is a group of females," he said.

Dryer Hall

While the East Hall roommates are mostly looking to impress the opposite sex and create a soothing atmosphere, the students in Dryer Hall decided to decorate their room as an expression of themselves.

Jaye Butler, Christi Harper, Jessie Noble and Tamara Knight looked to themselves to provide genius art at relatively low prices.

"One day we were like, 'Oh my gosh, our walls are so plain,'" said Butler, freshman dental hygiene major.

But it was avid "Trading Spaces" watcher Harper, sophomore biology major, who came up with the idea of personal art.

"This summer I would watch it every Saturday morning before work, and I would come home some afternoons and catch the tail end of it," Harper said. "I love the show."

With little or no artistic ability, the roommates set out to create something they could all be proud of — and have a great time doing it.

The roommates headed to Wal-Mart and found the simple materials they needed to put their imaginations to work. They were able to spend less than \$50 on four canvases and four different kinds of paint. Noble, sophomore undecided major, and Knight, freshman undecided major, said \$50 is a small price to pay for true works of art. They worked diligently on their masterpieces without so much as a theme or general idea as to what they were producing.

"We didn't have a clue as to where it was coming from," Harper said.

"Completely random," Noble said.

Now the paint is dry and their artistic impressions splash exciting life to the otherwise drab walls of Dryer Hall. The roommates are extremely pleased with both the end result and the experiences they were able to have together.

"We had a grand old time," Butler said.



Organizers optimize space in cramped living quarters.



Freshman Jenna Bass works with her roommates to cover their living room wall with magazine clippings. They started working on their wall in East Hall a few weeks into the fall semester, and it continues to be a "work in progress."

Blaine Hall



A bedside lamp provides an alternative light source.



Posters add color to many residence hall rooms.



Tully Lale enjoys the solitude of his Blaine Hall room and the chance to decorate the abode in his own unique style.

For the first time in his life, Tully Lale is living all alone. He doesn't have to worry about Mom's opinion or what his roommate/younger brother thinks about the room. Lale, sophomore mass communications major, has created a unique style in Blaine Hall, and nobody can claim credit but him.

While living out his early years in Kansas City and later Branson, Lale never had a bedroom that was anything special.

"As I grew up, my posters and wall decorations changed to mature with me," he said. "I used to always be involved in sports, especially baseball, and they were all I cared about. I had Barry Bonds and Mark McGwire posters on the walls along with my own different trophies and stuff."

But since living alone, Lale's decorating priorities have drastically changed. He left his sports posters at home and came to Blaine Hall with a fresh new look in mind.

First, to "liven up" the little room, Lale acquired a delicate bonsai plant to sit beside his bed.

"I'm all alone this year, and it's my only living thing...my new roommate, you know," Lale said. "It's not like I named it, though."

He chose the plant because he grew up with bonsai plants, and he says they truly add something to the room.

"I like the way it looks," he said.

Lale adds a jungle look to his bonsai plant with a heavy, bamboo curtain in front of the room's right-hand window. He was able to find this unique curtain while working at a marina all summer.

"There were a lot of real huge houseboats owned by these rich people, and this curtain was one of the decorations they didn't want anymore," Lale said. "I knew the family, and they were like, 'OK, you can have it.' It covers the ugly blinds better than normal curtains, and it pulls up if you want the sun to come in."

The tropics stay on that side of Lale's room, however, because a gigantic "whole wall" skiing poster takes up most of the space on the north wall. He received this poster from a friend who used to work at The Gap.

"I like it because I love to ski, and I like that it's black and white," Lale said.

Lale decided early on that when he decorated his room, he would try to project every side of his character — including his Kramer side.

"Seinfeld' is my all time favorite show, and I got this Kramer portrait poster from Deck the Walls," he said. "It looks exactly like the portrait Kramer got done of himself in probably my favorite episode...Oh, never mind, 'Seinfeld' fans will understand."



Educational Love

Story by Jerry Manter/Photos by Andy Tevis

Two college students prepare to take next step in their lives.

Moments away from walking his youngest daughter down the aisle, Ross Mattlage had plenty to say to his little baby before she began this next chapter of life. Looking into her eyes, he could only say what was on his mind.

"I'm not losing you Erica," he said. "I'm gaining a son."

With all eyes gazing on his daughter, the wedding music soaring through the little church, and a man waiting patiently at the end of the aisle for Erica's hand, Ross walked arm-in-arm with his daughter. His mind was swimming in a pool of parental emotions.

"I was sad, but I was also very proud," he said. "She knows what she wants."

And for Erica Mattlage, it was always Matthew Johnson.

"I remember when he walked through the door in my apartment," Erica said. "I was looking to see how he was dressed, and trying to figure out what kind of guy he was."

Wearing blue jeans and an un-tucked blue Polo shirt, Matt joined Erica, along with her roommate Theresa and her boyfriend Derek. The group chose to stay at the girls' apartment and watch a movie.

"I don't remember what we watched," Erica said. "We talked through the whole thing."

Needing a drink of water, she went to the kitchen. When she came back to rejoin the group, Erica noticed Matt wasn't sitting in the same place when she left.

"He moved a little closer," she said.

As innocent and comfortable as the evening was, Erica couldn't help but be a little disappointed when Matt said his good-bye: "OK, see-ya later."

"I didn't think he liked me at all," she said. "I felt like I got shot down."

Erica, a senior speech communications major at Missouri Southern, couldn't have been more wrong.

"I knew I wanted to marry her the first night I saw her," Matt said.

He knew all along he had to pursue the girl who struck him so

suddenly. He knew he had found someone special and wanted to play his cards wisely so he wouldn't come across as being too aggressive. He thought a telephone call would be a nice way to start.

When the telephone rang at the girls' apartment, Theresa checked the Caller ID.

"It's Johnson," she yelled out to Erica.

"Oh my gosh, he's calling," she said running to the telephone. "Let me get it, let me get it."

The conversation that day was exactly what Erica and Matt needed.

"We talked about our families and spent time talking about each other's lives," she said.

For Erica, it's easy to smile when she remembers the time Matt called and said he had a gift. He wanted to be with her and see her reaction.

Riding together in his car, Matt inserted a CD into the car stereo and let the music play. The moment the first chord struck, she knew it was "I Cross My Heart," one of her favorite songs by country musician George Strait.

"He went the extra mile to make me happy," she said. "He made me feel special."

More and more the couple grew accustomed to each other and one another's feelings. With college aspirations still high on Erica's list, Matt knew he had to take his time. As hard as it was, he knew that's what she wanted.

"I continued calling," he said. "But I didn't want to push her."

A strong student, a member of the honors program and a young woman determined to find a career with public relations, Erica was finally able to settle down. She had a great boyfriend, a good job with Edward Jones Investments in Joplin and a family who couldn't love her more than they did. Life was good.

But what she didn't know was her life was about to change. For three long weeks, Erica battled the flu bug, which left her painfully sick. Physically drained, she could barely stand up when the doorbell rang. Walking gingerly to the door, she opened it and saw a delivery worker with six roses in hand.

Within the flowers lay a card.



“Here comes everything I’ve ever wanted in life,” he said.
“There’s the person that’s going to complete me.”



Matthew and Erica Johnson now face the challenge of blending a new life together with continuing their college educations.

“I just hope this makes you feel better. Love Matthew.”

And that was all she ever needed. It was the first time either one of them had said love to each other.

“He was worried about me,” she said. “I knew I loved him after the roses.”

Carefully loading the flowers into her car, Erica drove to her parents’ house in Verona, Missouri. Erica showed her mother, Jane, the roses.

“What do you think about all of that?” Jane asked.

“I love him,” Erica said.

Erica couldn’t wait to talk to Matt. It wasn’t until 2 a.m. the next morning when they finally had the opportunity.

“I loved the roses,” she said. “And, I love you.”

For Matt, it was the moment he had been dreaming of for so long. He, too, told Erica just how much he really loved her.

“I didn’t want to tell you over the phone,” he said. “I was waiting on you. I didn’t want to rush you.”

Seeing her only child on the front steps of Trinity Lutheran Church in the small town of Freistatt, Missouri, was hard for Matt’s mom, Kathy Johnson.

She remembers the simple days of Legos and model airplanes, which would always keep her little boy busy. She knows Matt turned out to be a great kid, but seeing his room empty and all of his belongings gone set the stage for reality.

But it was his day, and she wanted to let him know how happy she and Matt’s father, Kerry, were before they let him go and get married.

“We’re proud of you Matt,” she said. “We love Erica. Always keep her first.”

With all the smiles and all the perfect moments Erica and Matt shared, they couldn’t help but fall more in love each and every day. Holding hands, Matt would always rub Erica’s ring finger.

“Remember, that’s mine,” he always said.

Matt knew what he wanted to do. They had talked about the future, seeing where one another wanted to live. He knew all signs were leading the way for him proposing marriage. It was going to be planned and perfect, he thought. It was going to be special. The dream was always crystal clear, seeing Erica on their wedding day.

“Here comes everything I’ve ever wanted in life,” he said. “There’s the person that’s going to complete me.”

On November 12, 2000, Matt showed up at the Matlage home to see Erica. She was, however, not in the best of moods. Having had a tough day, Erica was feeling down and a little upset. Matt walked into the kitchen where Erica’s father stood.

“You know Ross, I bought a ring the other day,” Matt said.

“Well, I’ve been wondering what you’ve been waiting on,” Ross said.

Although not planning on proposing to Erica then and there, Matt knew the timing couldn’t have been better. He wanted to make her smile that day. He wanted to make her happy.

“Erica, could you come in the room for a moment?” Matt asked.

She walked into the room, stunned to see him kneeling on one knee.

“Well, I have something that will put you in a good mood,” he said. “Will you marry me?”

Erica began to cry. She accepted, wanting nothing more than to be Matt’s wife.

"It's your wedding," Jane said. "It's your day."

As it was time, Erica approached her mom.

"You going to put the veil over my face?"

Erica asked.

"You bet I will," Jane said.



After the wedding ceremony, Matthew and Erica Johnson greet family and friends.

Erica and Matt know they have a few hurdles to jump in their upcoming future. With Erica having one year left at Southern and Matt finishing up classes at Ozark Technical College in December, they know things will be tough until May. They say spending enough time with each other, studying for classes and managing finances are their primary challenges for the first year.

"There's always going to be obstacles," Matt said. "But we're ready. It's going to be better to handle them together."

Renting a three-bedroom house will help. They've set up two rooms to serve as offices for each of them. Matt said it's going to require a lot of budgeting.

"We don't always have to go out," he said. "We don't have to get the name-brand things."

Staying home on a Friday night and watching a movie is fine with them. As long as they're together, they know they will be happy.

And, that's all they want.

As the morning of August 31, 2002, began with gray clouds and a few scattered showers around the area, the skies cleared into a sunny warm day just as Erica finished getting dressed and pampered into her elegant white gown. With her was her mom.

"It's your wedding," Jane said. "It's your day."

As it was time, Erica approached her mom.

"You going to put the veil over my face?" Erica asked.

"You bet I will," Jane said.

Vows & books: Students can find success after marriage.

Although there are no numbers on Missouri Southern's campus which show how many students are married, it's no secret more and more younger couples are tying the knot.

Dalennette Voigt-Catlin, licensed specialist clinical social worker at Southern, said this is not necessarily a problem. She did, however, say younger couples have more work on their hands in order to make the relationship last the rest of their lives.

"It's different when you're married," Voigt-Catlin said. "You can lose touch in what brought you together."

Voigt-Catlin, who married in college as well, said the largest hurdle young couples have to work on is their problem-solving techniques.

"You have to listen," she said. "Learning to problem solve together...if you can do that in the younger part of a marriage, you'll make it."

Managing finances, trusting each other and finding time together are also important.

"Make a fun night together," Voigt-Catlin said. "On a regular basis, find some way to do something."

If there's a party animal in the couple, be prepared to make some changes. She said many people don't realize marriage is a more settled-down atmosphere. And that can hurt a couple down the road.

"Some people miss out on those years of experiencing new things," she said.

Voigt-Catlin agrees with the stigma that the first few years in a marriage are the most challenging. When the connection is broken, the likelihood of divorce only grows.

"Establish the foundation," she said. "Once you've done that, you've done well."

Road To Rock

Local band strives to hit the big time.

By Cameron Bohannon

Instruments: Check. Amplifiers, microphones, stage equipment: Check. Hip clothes, “I-couldn’t-care-less” rock ‘n’ roll attitude: Check. Lots of radio play, thousands of screaming fans, big record deal: “Uh, not yet,” would be the typical reply from most local bands.

Of the hordes of local-status rock bands across the country, comparatively few ever “make it” in the music industry. That is to say, attain any sort of recognition on a national scale.

Leighton Cordell, lead vocalist and guitarist of local band Gizmo, is trying to make contacts in the music business. He said he isn’t striving for the fame and status that come with music-industry success, he just wants to make a living doing what he loves.

“What I really want to do is make money off of being in a band — enough money that I don’t have to have any other jobs,” Cordell said.

In the meantime, he makes some of his money recording and producing other musicians at his studio, Spaghetti Records, in Carthage.

Cordell fronted several bands in the last six years, and in that time, has written more than 300 songs, most of which have been recorded.

He writes, plays, records and produces the music himself, and since 2000, has





Andy Tevis

recorded five albums. With Gizmo, Cordell completed an album this year and has two more in the making.

In attempts to get the attention of someone who could help distribute his music on a greater scale, he sends many demos to various record and distribution companies.

"I can't get our stuff spread out," Cordell said. "I don't have enough contacts or anything like that, so I need to find someone who does."

Unlike many bands desiring a contract with a record label, Cordell said he would rather find a company willing to distribute Gizmo's music to retailers without making the band sign a record deal; a setup allowing Gizmo to retain control over the production of its own music.

"Instead of being signed and having someone else to pay to put us in the studio and record us, we could handle everything apart from the distribution," he said.

To reach such distribution companies, Cordell relies heavily on the Internet.

"I generally start looking up Web sites of distributors," he said. "I write to them and ask them if they're interested in letting us record our own stuff. If they are, we send them a CD and a promo-pack and hope they get back to us."

As of spring 2002, most of Cordell's efforts had been more or less fruitless, and he said most companies didn't even take the time to send a "no thanks" letter.

In fact, of almost 100 requests he made for correspondence, only two companies responded in writing. Neither company was interested in working out a deal with Gizmo. Both rejection letters are proudly displayed on a wall inside Spaghetti Records.

This fall, however, things look brighter for the band. In late August, Gizmo played two concerts in Oklahoma City, four in Florida and a few shows in Joplin.

The band was pleased with how things turned out during the 10-day mini-tour of Oklahoma and Florida, which kicked off in

Oklahoma City at Samurai's, a saké bar.

From there, Gizmo headed to Pensacola, Florida, where it played four shows. Of the four concerts in Florida, Cordell said the one at Van Gogh's, a coffee house, was his favorite.

"It was sweet," he said. "The crowd was great; very appreciative. And they bought merchandise, which is always good."

Before returning home to Carthage, Gizmo finished its tour where it began, at Samurai's, where an excited crowd greeted the band.

"It was our best show ever," Cordell said. "We were so tight by that point from playing all the other shows. The same people (from the first show) even came back and sang along."

The band was able to gain enough attention in both Oklahoma City and Pensacola to receive promises of more shows there in the future.

However, these aren't the only new developments for the band. During the

summer, Stephen Perkins, a radio DJ from Wabash College in Crawfordsville, Indiana, telephoned Cordell and said he liked Gizmo's music and was giving it air time.

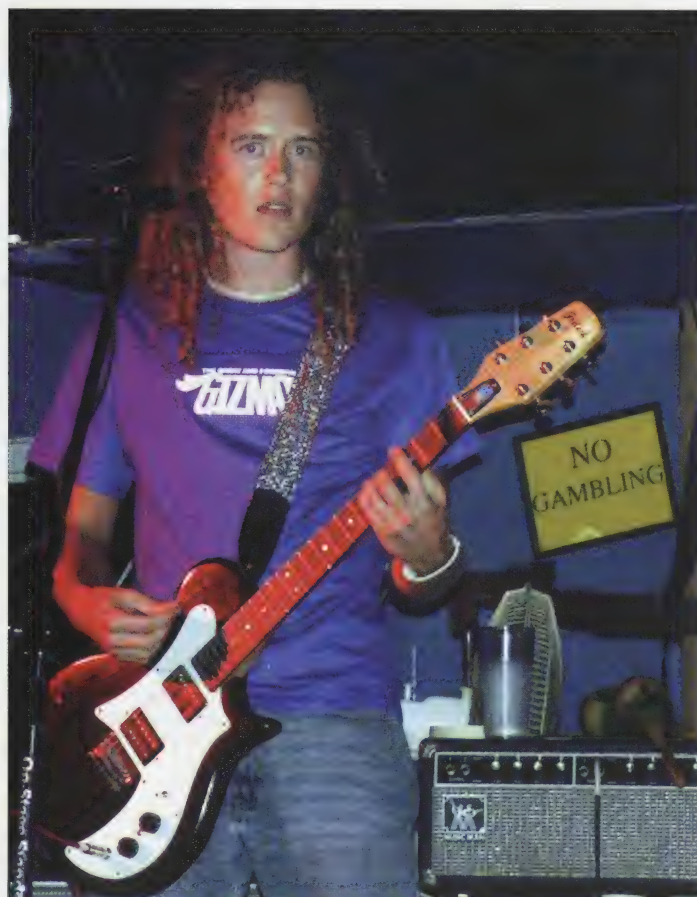
"I was very impressed," Perkins said. "The sound of the band is different from everything on the radio, and we were looking for something that was very good."

Later in the summer, Perkins began working at the University of Chicago's radio station, WHPK, where he also played Gizmo's music. He was so pleased with the band, he invited Gizmo to play two live, on-air spots this fall. Cordell admitted he was somewhat shocked at Perkins' enthusiasm and assistance.

"I halfway thought he was jokin', but I was really surprised at the same time," Cordell said.

Cordell is hopeful for opportunities that may result from the air play and new publicity, but has no expectations.

"If it's done right, it could be good, but



Submitted Photo

Guitarist, Jason Clark, plays live at The Green Room. Clark, an accomplished classical guitarist, brings added depth to the band with his instrumental and vocal harmonies.

GIZMO

Why the Luggage?

A rock operetta "about a guy whose psycho girlfriend left him and now he's trying to remember what he did before she was around. He remembers, and begins to do the things again, and he is happier than he would have been if she were still with him."

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(Left) Gizmo stops for lunch in Louisiana while returning from shows in Florida. From left to right are Leighton Cordell, guitar, lead vocals; Jason Clark, guitar, vocals; Kyle McKenzie, bass, vocals; and Genevieve Cordell, drums, flute, vocals. (Right) McKenzie rehearses with Gizmo at Spaghetti Records in Carthage.

Submitted Photo



Andy Tevis

For Gizmo MP3s, pictures, show schedules and other news, readers can access www.spaghettherecords.com.

Red Hot Embers Are Burning My Pants

A cover album consisting of eight cover songs — two selections from each band member; one song being a television theme song or jingle, the other anything they choose.

"We are pretty much intending to tweak all these songs out and make them our own, because that's the only way it's fun."

if nothing else, it could look good for a portfolio for a record company," he said.

If local listener response is any indicator, there is a realistic chance Gizmo will be well-received by radio listeners and concert goers in Illinois and Indiana. A typical Gizmo show finds enthusiastic fans singing along and even dancing to the band's infectious, guitar-driven, hook-laden rock 'n' roll melodies. After a show at the Kitchen Pass, in Neosho, fan Brad Boman said in an online review, "Gizmo showed a crowded bar that good, old fashioned rock 'n' roll doesn't have to be old. Playing a full set of original, clean songs about squirrels, roaches, lost friends and donut shops, Gizmo needed to say little else to the groovin' crowd."

Other fans have also commented on the marked creativity and array of topics that arise in Gizmo's songs. Not only does Cordell use a wide variety of subjects for Gizmo's song lyrics, but the band relies on its mastery of many musical styles and different instruments to create distinctive melodies. The band members' diverse

musical backgrounds also contribute to the diversity. Guitarist Jason Clark, Cordell's first cousin, has a background in classical guitar and has recorded several solo albums. Drummer Genevieve, Cordell's sister, grew up playing the flute. Bassist Kyle McKenzie, junior art major at Missouri Southern, fronted an experimental acoustic punk band before joining Gizmo.

As to the band's shot at achieving national recognition, Gizmo fan Josh Pollock said it looks hopeful.

"Their future looks very good," he said "They're different from most other bands around right now because they're actually cool. They don't follow the current trend; they just make good, solid rock music. I won't be surprised at all if things work out and they make it big."

Truthfully, it's anyone's guess as to whether Gizmo will hit it big in the music business, but it isn't a question of whether or not the band's good enough. In the end, like so many uncertainties, it's a matter of being in the right place at the right time.

Differing



Rock, punk provide intense listening pleasure for fan.

The average person doesn't have a favorite kind of music. Most will simply say, "I like all kinds." But, if faced with a choice, what would music fans choose?

"I like a lot of different kinds of music, but my favorite is rock or punk," said Cori Taylor, sophomore theatre education major at Missouri Southern.

Taylor likes to listen to bands like System of a Down and New Found Glory.

She said it's hard to choose a favorite band, but if she had to pick one favorite, it would have to be Incubus.

Taylor recently attended an Incubus concert in Wichita, Kansas.

"It was really intense and really good," she said.

"It's so much different to see a band live when you're there in the same room with them than when you're just listening to

their CD. It's like a whole different feeling, and a lot of times, they do lots of different stuff to their songs."

Listening to music is a special thing for Taylor.

"When you hear a song that you like a

**"I don't like
Britney Spears
and stuff like
that very much."**

lot, and really listen to the words, it means something," she said.

Taylor has a wide variety of CDs, ranging from mostly rock to a lot of blues and "just whatever looks like it would be good."

She collects some things such as posters

and T-shirts of her favorite bands.

"I don't collect as much as I would like to," Taylor said. "Maybe if I had more money I would, but it's an expensive habit to collect music products."

She doesn't hate any certain kinds of music, but there are some styles she would rather not listen to.

"I don't like Britney Spears and stuff like that very much," Taylor said. "Music like that all starts to sound the same after awhile. It seems so repetitive, and every song is practically about the same thing."

She thinks Spears' genre of music is so "poppy," meaning these pop artists pattern their music so people will like them.

"I don't think that's the reason why someone should make music," Taylor said. "They should just do whatever they want, and not just do things because everyone likes it."

Opinions

Stories by Natosha Rogers/Photos by Andy Tevis



Musical prank leads listener to fondness for pop lyrics.

Admitting to liking pop music and boy bands may seem embarrassing to many males.

Jerad Province of Seneca, Missouri, was a little hesitant to expose his liking.

"I like all sorts of music," Province said. "The only kind I really don't like is classical."

Province works full time mounting tires at Sam's Club in Joplin. He is a former computer information science major at Missouri Southern. He wants to eventually go to tech school.

His fondness for pop music all started when he and a friend decided to play a prank on some women at work. They wanted to make fun of their coworkers for liking boy bands.

"We did the dance to 'Bye, Bye, Bye,'" Province said.

"We watched it a few nights and kind of

winged it from there, and we were good at it."

After their performance, they realized the music had started to grow on them.

"That's kind of why I like boy bands," Province said.

"After our prank, my friend's parents bought him the Backstreet Boys CD, and then he got it for me. We made it a point to listen to it every time we got together, just being stupid. But it turned out to not be bad music."

Province describes pop music as "kind of catchy, and it's good music." He respects the way these groups work together.

"I think they've all got talent," Province said.

"They work well together, and that's why they're so successful."

Province said it seems the pop style of music and pop singers or groups are looked

down on by many music listeners.

"Most people don't like them as much because they're a bunch of pretty boys," Province said. "It's hard when you're in the spotlight like that, I'm sure, to portray an ordinary lifestyle as far as clothing and the way they have to carry themselves."

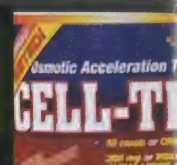
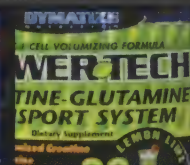
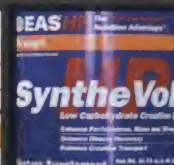
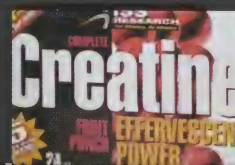
Out of all the so-called "boy bands," Province thinks O-Town (the "Making the Band" group) has the most talent.

"They were selected as individuals and were able to perform together," he said. "There was no preordained chemistry between them. I think that's a sign of true talent."

Province chooses to listen to music for many purposes.

"There's a bunch of reasons I listen to it," Province said. "It explains a lot of what I'm thinking sometimes. It's kind of a way to express myself."

Creatine



Muscle builder or health hazard?

By Cameron Bohannon

For many athletes, the quest to gain strength and muscle mass can be a long process that doesn't always show fast results. In order to see their training produce faster outcomes, many athletes, and even non-athletes, turn to dietary supplements, like creatine monohydrate.

Matt Williams, Missouri Southern senior speech communications major, said he uses creatine on a daily basis.

"I asked around about the best way to gain mass and add muscle quickly," he said.

"Everyone I talked to said creatine."

Creatine is a substance created naturally by the human body, but is taken as a supplement in order to hydrate muscle cells. The desired effect is to gain weight and muscle mass, as well as increased strength and endurance. However, many creatine users have reported little or no observable differences, and some say creatine has an adverse effect.

Mike Lawrence, Missouri Southern's head strength coach, said in 2001 there were 19 creatine-related deaths due to kidney and renal dysfunction.

"I think you're looking at long-term consequences that haven't been researched yet," Lawrence said of creatine use.

The lack of research is due in part to the Hatch Amendment, a bill passed by Congress in 1994, which deregulated the supplement industry. Under the bill, supplement and herb companies are not required to have their products tested by the Food and Drug Administration. Lawrence said it's risky to take substances like creatine because they are unregulated. He said many times, supplement bottle labels often misrepresent the product's true ingredients.

Due to the lack of research and the danger some users have experienced with creatine, Lawrence said he discourages ath-

letes at Southern from using it as a supplement.

"We take the same stance as the NFL," Lawrence said. "We don't tell them they can't use it, but we discourage it."

Lawrence did admit, however, that despite warnings from coaches, many athletes "will do everything they can to get an edge."

Other trainers have a different view of creatine. Adam Morris, manager of Nutricity, is a certified personal trainer and nutritional consultant. He said he promotes the use of creatine with some because it produces "so many results, whether from a sports athlete or just a normal person trying to put on muscle mass."

Though Morris does not believe creatine is for everyone, he said it is "phenomenal" for those who want to gain muscle quickly.

"I gained 15 pounds of muscle mass in the first three months I took creatine," Williams said.

Lawrence said when his athletes tell him about such increases, he questions the methods they used to measure their weight gain.

"How do you know it's muscle mass? If you just used a scale, you don't know you're lean body mass," Lawrence said.

He said much of the weight creatine users claim to gain is likely due to water retention rather than added muscle mass. Morris agrees creatine does cause some water retention, but in the long run, will produce more muscle mass than it will fluid.

"Creatine is definitely a product that will get your body to put on muscle mass," he said.

With all the supplements that come and go, Lawrence believes creatine is a passing trend, which will fade away in a few years.

"I think creatine will be out, and there will be some new designer companies," he said.

"There's always going to be something; if not creatine, then something else."

Morris disagrees. Since he began his career in the nutrition and fitness industry nine years ago, Morris said creatine has

always been a strong seller.

"I think it's definitely here to stay," he said. "The only thing that's faded is the price. We're not talking fads."

Morris said since more companies are producing creatine supplements, they have to be competitive with prices. One thousand grams of supplement used to cost \$125, and now runs around \$39.

One thing Morris and Lawrence agree on is people who choose to use creatine must do so properly.

"I tell people to go for eight weeks, then take two to four weeks off," Morris said.

"If you don't get off of it, the body quits producing it on its own," Lawrence said.

Morris said after an initial loading phase of five grams of creatine taken four times daily for the first five days, no more than five grams a day are needed for users to maintain high levels of the substance. He warns against taking more than the directed dosage.

"To me, people are extremists," Morris said. "They think if this much works, then double works better."


Morris believes creatine is safe if taken properly and if users heed the limitations on warning labels. He said people who have reported health issues and injury from the product were either not taking it properly or already had problems to begin with.

"It's never been proven that a healthy person who took it properly had a problem," Morris said. "Out of nine years of experience, no one has ever come back to me because of something bad happening."

Whatever the stance on creatine, Lawrence and Morris both say achieving more strength and muscle is impossible without exercise and a healthy diet.

"Nobody likes to hear this," Lawrence said, "but it's basic nutrition and hard work."





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FISTULA: A permanent access for hemodialysis created by surgically connecting a vein and an artery.

DIALYZER: An artificial kidney found in the dialysis machine, which allows waste and excess fluid to pass through while holding back important things like blood cells and nutrients.

DIALYSATE: A cleansing solution inside the dialysis machine where the wastes and excess fluids are carried away and cleansed blood flows back to the body.

PERITONEAL DIALYSIS: The process of a special sterile cleansing solution flowing into the abdominal cavity through an access in the belly called a catheter. The lining of the abdominal cavity, called the peritoneum, acts as a natural filter. The waste products from the blood flow through this lining into the solution, which is then drained from the body through the catheter. The blood never leaves the body.

CATHETER: A permanent tube surgically placed into the abdominal cavity for peritoneal dialysis.

Life-altering Transitions

Dialysis, transplants dictate daily routines.

Story and Photos by Gayle Castor

Many people would consider a 6:30 a.m. doctor's appointment to be ridiculous. However, Ray Couch faces an early morning trip to the Joplin Nephrology Clinic three times a week, every week, as a hemodialysis patient.

Diabetes is a common culprit which requires a person to end up with the need for dialysis, as in Couch's case.

He has received hemodialysis Monday, Wednesday and Friday from 6:30-10:45 a.m. via a surgically implanted fistula in his arm for the past two years. Two needles penetrate into the fistula at each treatment. The patient is limited during treatment to watching television, reading a book or napping. This is due to the need for holding still to allow blood to be drawn out freely into the dialysis

machine. This process removes toxins and fluid from the blood when a person's own kidneys no longer function well enough to do the job. The purified blood circulates back into the body.

"The worst thing was when I once had to wait for one hour and 45 minutes for the needle sites in my arm to clot," Couch said.

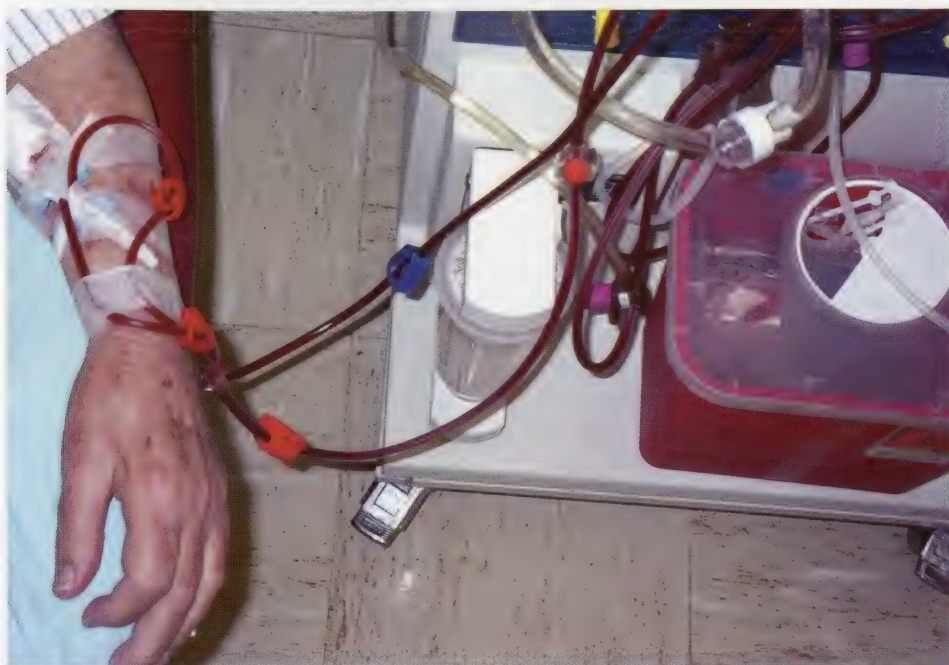
"That was one of the times I thought these golden years are not so golden."

Watching his diet closely is also important, not only for the diabetes condition but the dialysis as well.

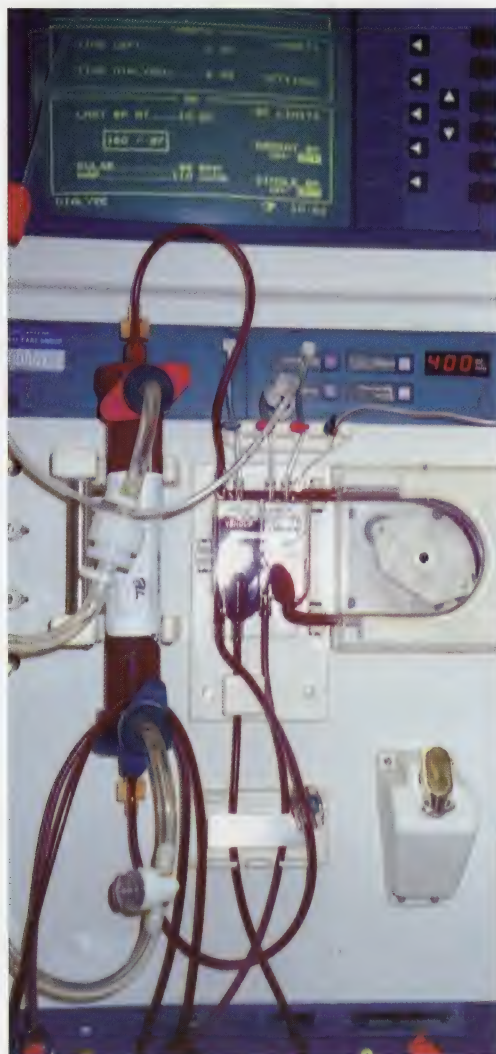
"Only six ounces of water per day," Couch said. "Goes against what my parents always said about it being good to drink plenty of water every day to keep healthy."



Stephanie Anderson, a licensed practical nurse, assists with the removal of the needles in Ray Couch's fistula. Couch's wife Kathy aids by applying steady pressure to stop any bleeding.



A fistula, or graft, surgically placed in Ray Couch's arm, forms a hemodialysis access through the process of joining an artery to a vein to allow blood to flow out to the dialysis machine (below) and back into the body.



He also must limit beans, tomatoes or potatoes, otherwise severe itching can result due to the dialysis machine not having the capacity to take care of potassium. Calcium and phosphorous are also not tolerated well. Therefore, pop isn't allowed. Only half a cup of milk per day may be consumed.

Overall, Couch exhibited a great attitude.

"If you look around, you can always see someone worse off than you," he said.

Kathy, Couch's wife of 25 years, helps him by diligently preparing foods to work around his limitations and checks that all his medications are carefully dispensed. She also gives support by accompanying him to the clinic for all his treatments, keeping an eye on things and working puzzles. This serves to pass the time until she must glove up and place direct finger pressure on Couch's two needle sites until they clot.

Lack of energy is a constant problem with dialysis. The couple does swim at the Joplin Family Y for hobby and health. Unfortunately, Couch is no longer able to manage a garden.

He is fortunate, considering his first fistula surgery and choice of treatment has been successful with no complications to speak of so far. Some other patients can't boast this fact.

"Many times there are a multiple of health issues and the kidneys may not be the most serious. Average life expectancy for a person on dialysis is three to five years. Our longest just celebrated 20 years."

"You prioritize differently with the lack of flexibility and freedom in schedules," Lane said. "You have to be accepting of circumstances, but it's been really hard to watch my husband have to clean house, cook, keep all the medications straight, do exchanges, and take care of the yard too. I call Jim 'my gem.'"

A true veteran was found in successful kidney transplant patient Loretta Lane, a veteran, because she has experienced every type of dialysis treatment available to date prior to her kidney transplant.

Lane started with hemodialysis at the clinic due to genetic polycystic kidney disease.

She had problems, so she then went on to have a surgically implanted tube placed into her abdominal peritoneum lining to receive treatment.

"I preferred the peritoneal dialysis," Lane said. "It's more practical for the patient due to the exchanges being done at home in your own environment."

When dialysis first started, life changed dramatically for Lane. Her lack of energy curtailed gardening, going to craft departments for ideas and leisurely grocery shopping. Her life had changed to "getting in the stores and out as quickly as possible." Similarly, her former love of "shop until you drop" had now taken on a new, even more literal meaning.

Spontaneous traveling was no longer an option while on hemo or peritoneal dialysis, since 30 days notice is required to make new arrangements.

"You prioritize differently with that lack of flexibility and freedom in schedules," Lane said. "You have to learn to be accepting of your circumstances, but it's been really hard to watch my husband have to clean house, cook, keep all the medications straight, do exchanges, and take care of the yard too. I call Jim 'my gem.'"

Before receiving her kidney transplant, Lane had to have a medical workup completed. Also, she had to remain healthy while waiting. Otherwise, the immune

suppressant drugs used to prevent rejection of the donor kidney could be a serious problem. If a willing, live compatible donor isn't available, patients are placed on a waiting list.

Since receiving the transplant, Lane and her husband agree about the quality of life improving. She does have to continue taking anti-rejection medication for life, but, the quantity and dosage amounts have decreased over the last six months. Mood swings associated with taking Prednisone have been one of the side effects, as well as anemia. The couple sees a need for support groups being established for dialysis and transplant patients because, in either case, it's a treatment not a cure.

The worst part about working at a dialysis clinic is "not being able to 'cure' kidney patients," said Michelle Womack, social worker.

"They will always require dialysis unless transplanted," Womack said. "You get very close to the patients, so the entire staff and fellow patients grieve when someone expires."

There are many issues that can be frustrating at times in the dialysis center.

"The lack of resources and the guidelines set for those available are hard for many patients to reach," Womack said. "It is frustrating that there are times when no services are available to assist patients and families, and transportation is also a major issue."

"Many times there are a multiple of health issues and the kidneys may not be the most serious."

"Average life expectancy for a person on dialysis is three to five years. Our longest just celebrated 20 years."



Loretta Lane, kidney transplant recipient, counts on her husband Jim for the days she feels terribly tired or sick.

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In the *Hands* of a midwife



“Being a labor and delivery nurse and teaching prenatal classes... I realized that I never got to see them [the patients] before they came in to labor.”

Nurse-midwives bring childbirth back to basics.

Story and Photos by Christine Thrasher

Knowing her day can only get better, Becky Mitchell, a certified nurse-midwife at the birthing center at Freeman Health System, spent the first two hours of her shift delivering a stillborn baby. Mitchell was still mourning the loss of a co-worker who passed away the night before. All this and it's only 8:30 a.m., the beginning of a long 24-hour shift.

Mitchell spent 21 years as a labor and delivery nurse before she decided to further her education and become a midwife. She received her midwifery certification from the American College of Nurse-Midwives and her master's degree from the University of Kentucky. Since then, she's spent the past six years as a certified nurse-midwife. It was an obvious transition for her.



Travis Hudson helps his wife Jessica work through a contraction by squeezing her hand. Cathy Gordon, a student nurse-midwife, also assists by talking to Jessica. Nurse-midwives deliver babies in hospital settings and use technology to monitor the vital signs of mother and baby.

"Being a labor and delivery nurse and teaching prenatal classes...I realized that I never got to see them [the patients] before they came into labor," Mitchell said. "I never met them. I never knew them until then, and then I'd labor them...while they delivered, but I didn't get to do that part [the actual delivery]. That was kind of the climactic part."

Midwifery in the past was an occupation which called for low technology. That changed as nurse-midwives moved into the hospital setting. Whether they're using a midwife or physician, patients are generally hooked up to a computer, which monitors the mothers' and the babies' heart rates. Mitchell uses as much technology as each case calls for.

"We really try to pay attention to patients' desires," Mitchell said.

The difference between doctors and midwives is, "it's a different education... [and midwives] only do vaginal delivery," Mitchell said. "We deal mainly with low risk births."

Her patient, Jessica Hudson, between con-

tractions, had a different response.

"More experience," she said. "Plus, because a midwife, a woman, lots of them have already had babies, so they kind of know what you're going through."

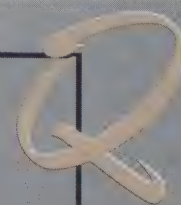
Hudson's husband, Travis, looked on as she "rocked out" a contraction. He fiddled with the gadgets and telephone as his mother-in-law watched with tearful eyes.

Nancy S. Myers, a registered nurse in the birthing center, talked Hudson through her contraction. Cathy Gordon, a student nurse-midwife shadowing Mitchell, also observed.

"Travis is very good with equipment," Gordon said. "Guys want to fix it, and women want to do it for them."

This was around 11 a.m. Hudson was lucid between contractions, having no difficulties holding a conversation. By 12:50 p.m., she was screaming in pain. Mitchell responded with an intravenous dose of Stadol.

This pain medication is different from an epidural, which Hudson will receive as it gets closer to delivery.



What to ask when selecting a nurse-midwife:

Do you have a college degree?

Did you graduate from a nationally accredited midwifery education program?

Have you passed a national certification examination?

Are you licensed to practice?

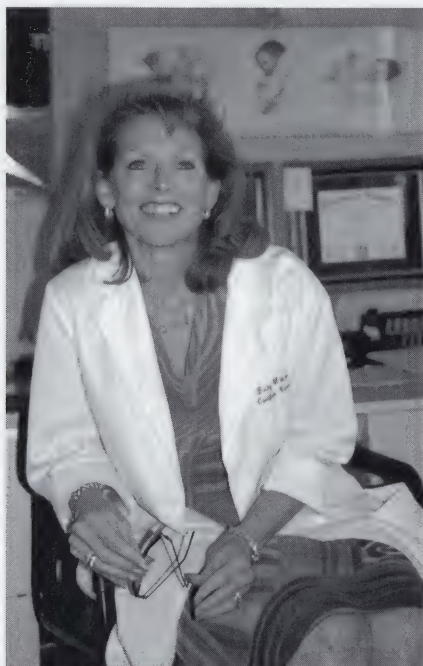
What will happen if I need the care of a physician?

Are you certified by the American College of Nurse-Midwives Certification Council?

Source:
www.midwife.org/focus/



Mariah Hudson comes out squalling about the indignity of it all as her mother marvels at her first-born child.



Becky Mitchell, certified nurse midwife, said she enjoys building relationships with her patients before they give birth.

"I like seeing families.
I like seeing smiles
on families' faces."



Above and right, Mariah Gordon's first cries validate the honor of a midwife.

Further on down the hall was the echo of a patient giving birth. Normally, the halls of the birthing center are filled only with the quiet conversations of nurses, midwives, doctors, scrub-techs and other personnel. The only evidence of what they are waiting for is the delivery kits outside the soon-to-be mothers' doors and the patients occasionally walking down the halls. The real proof of their occupation is when they hear the cries of a newborn baby.

There is some vocabulary to know when talking about midwifery. Mitchell said there are about six different kinds of midwives: certified midwife, certified nurse-midwife, certified professional midwife, direct entry midwife, lay midwife and licensed midwife. The differences between these levels are usually in experience, licensing and education.

Additionally, there is the preceptor and a doula. A preceptor is an individual responsible for the training of a midwife. Myers holds such a title, but she modestly claims, "I'm just the RN." A doula, which the patient is responsible for finding, is someone, other than a family member, who is trained to help in labor support.

"Women who have nobody to support them would do very well with a doula because they do need that," Mitchell said.

In the past, midwives and doctors have had a tenuous relationship, mainly due to social, economic and educational standards. However, that is not the case at Freeman.

"We're in a collaborative practice with a group of physicians," Mitchell said. "We don't practice 'independently.' If there's a problem situation, they would be the ones who would come."

Before, during and after delivery, there is the never ending paperwork. Mitchell constantly reviewed Hudson's heart-rate monitor readout sheet and filled out information on her chart. It is a tedious duty, but also an important one. If any problems were to occur, data on Hudson's chart would be a key indicator of the situation.

By 4:30 p.m., Hudson was ready to deliver. Her shouts could barely be heard

through the door, but her pain was evident in the birthing room, even with the epidural. Both Mitchell and Gordon took positions to deliver the baby. The mother only concentrated on pushing, but there were other things running through her caretakers' minds.

"I think after having experienced a loss in the morning, it really makes you feel better to know that you're going to go in and get a healthy baby," Mitchell said. "You kind of run through the scenario of 'what if, what if, what if' is what's going through your head so that you're ready."

Gordon had a similar opinion.

"Initially, you get all excited and wrapped up in the moment, but I always think of critical issues," she said. "I mean, you're constantly thinking what you should do next and what you should prepare for."

Mariah Hudson came out squalling about the indignity of it all and everybody else smiled. Mitchell and Gordon concentrated on the critical issues such as fluids, getting the baby all the way out safely, stitching lacerations and finishing the delivery. Myers continued to coach Jessica and her supporters through the ordeal.

It has been an exhausting day, but in the end, a healthy new person entered the world and everyone was happy.

"She's got your eyes," Jessica said to her husband.

"Everybody's good," Gordon said. "The outcomes were good. She (Hudson) did a good job; I'm proud of her."

"I like seeing families," Mitchell said. "I like seeing smiles on families' faces."



Native American Healer

Story by Tasha Jones/Photos by Bill Shepherd

The eyes may reveal the soul,
but this healing alternative
may reveal something more.



Some say the eyes are the window to the soul. Phyllis VanDeusen, naturopathic doctor and president of Rock Creek Herb & Vitamin Company, believes the eyes are the window to heal.

At the herb shop, located in Sapulpa, Oklahoma, VanDeusen uses a method called iridology in which she looks at the eyes to see the different ailments.

"This was at one time quite well-practiced by physicians," she said. "But once physicians became gifted with technology, this was almost dropped."

VanDeusen said she began learning the methods of healing at a young age when she was chosen by her grandfather out of the 14 siblings in her family.

"I was the one that was chosen to learn the skill of healing and treating," she said. "My grandfather started taking me with him when I was 4 years old. He went out and foraged for herbs and helped people in the surrounding communities."



Rock Creek Herb and Vitamin Company, Sapulpa, Oklahoma, provides herbs and other natural healing products. Many customers prefer Rock Creek's products to conventional medical practices and prescription medications. Phyllis VanDeusen, top, uses iridology to find hidden ailments.

"I attend a lot
of the birthings.
We're there from cradle
to the grave."

DaSona, meaning “yellow buffalo,” is the Native American name given to VanDeusen by the Ponca tribe.

She has been healing and treating people for 28 years. After an attempt in the music business and some work at other jobs, the opportunity of healing came to her.

“It’s a long story,” said Randy VanDeusen, Phyllis’ husband, who also works at Rock Creek Herb Company by assisting customers and helping with the store’s upkeep and development. “[Phyllis] was working at another job and quit.”

VanDeusen didn’t know what to do, so she sought advice from a higher power.

“She said ‘God, what do I do?’ and about five minutes later the phone rang,” Randy said.

“A lady wanted to know if Phyllis wanted to use her shed to help the Creek Indian Nation. It’s just God’s way of putting things together.”

VanDeusen stayed at that location for seven years before feeling growing pains.

“People used to line up outside,” she said. “We had people coming from

large companies wanting to know where the store was because they thought this was the stock room.”

VanDeusen has been at her current location for more than a year. The aroma of pine wood lining the walls, and much of the interior of the store fills one’s senses.

There are display cases full of Native American-inspired pictures, paintings, turquoise jewelry, clothing, pitchers and water jugs, moccasins and sculptures. There are also dream catchers on display as well as leather furniture adorned with cattle-brand marks.

Wooden shelves and chrome racks display everything from organic foods and juices, vitamins and herbs — both traditional and modern — to soaps, candy and even shower heads to filter bad chemicals out of the water.

VanDeusen performs her diagnosis sitting on a brown barstool behind a podium she uses to take notes. She uses the natural light of a window to see her patients more clearly. Jeannine Glaves, from Tulsa, Oklahoma, had never been to Rock Creek Herb Company, but said she came because she is “searching for some good information.”

“[Iridology] was at one time quite well-practiced by physicians. But once physicians became gifted with technology, this was almost dropped.”



Phyllis VanDeusen, naturopathic doctor, peers into the eyes of Heather Joy, Glenpool, Oklahoma, to provide a recommendation.



After using supplements for several years, Bob Berry, Broken Arrow, Oklahoma, said he has found relief from his chronic fatigue. He said the Mayo Clinic could not diagnose a cause for his symptoms or provide effective treatment.



Shelves at the Rock Creek Herb and Vitamin Co. store are stocked with juices, supplements, organic foods and other products.

"I have had so much trouble with allergies. My Indian medicine man and both of my allergy specialists feel there are values in alternatives."

"I have had so much trouble with allergies," Graves said. "My Indian medicine man and both of my allergy specialists feel there are values in alternatives."

Graves said the combination of "old-time remedies and modern remedies" have shown positive results.

Rita Edwards of Bixby, Oklahoma, takes her two sons Tristan, 2, and Parker, 4, to Rock Creek Herb Company because of the results she got from VanDeusen.

"She knew things about my health that there's no way she could have known," Edwards said. "The most startling thing is she could see what no one would have ever known."

VanDeusen has treated people from as far away as Israel, China, Russia, Ecuador and Bolivia, and she doesn't stop there. VanDeusen has treated animals as well.

"She's done reflexology on a chicken, she has treated dogs and horses," Randy said. "Barrel horses, calf-roping horses. Horses are people too. They've just got more parts, a couple more wheels on 'em."

"Anything that has eyes we can look at," VanDeusen said.

VanDeusen's oldest client was a 103-year-old man, and her youngest are ones she's treated since birth.

"I attend a lot of the birthings," she said. "We're there from cradle to the grave."

Although VanDeusen and her customers say they see positive results in her methods, some people are still skeptical.

Dr. Lawrence Cebula, assistant professor of history at Missouri Southern, said he's not sure how much truth there is behind these methods and their connection with Native American culture.

"Some Native Americans may have used these methods," Cebula said. "But I doubt it very seriously."

Cebula said it is the popularity of a fad bringing people to these kinds of methods.

"American Indians are very fashionable right now," he said. "A lot of New Age weenies take whatever touchy-feely thing they're into and say, 'Oh this is a

Native American tradition,' but usually their real knowledge of Native Americans is superficial 'Dances with Wolves' kind of stereotypes."

Cebula said these "New Age methods" are making many Native Americans angry.

"A lot of traditional Native American Indians are infuriated in what they see as the expropriation and misinterpretation of their culture," he said. "While most Indians disdain it, some are going to try to make money off of this, and I don't blame them a bit."

VanDeusen believes this kind of opinion leaves a dark shadow on both Native Americans and patrons supporting iridology as a method of treatment.

"People are going to have their own opinion," she said. "But why do they have to leave it on a negative note?"

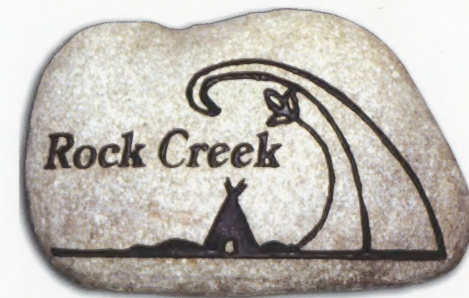
"[Cebula] makes it sound like Indians are money hungry and we're just fleecing the American public."

VanDeusen wanted to point out Rock Creek Herb and Vitamin Company is in the process of obtaining its phytotherapist accreditation from the Chiropractic Institute of Texas.

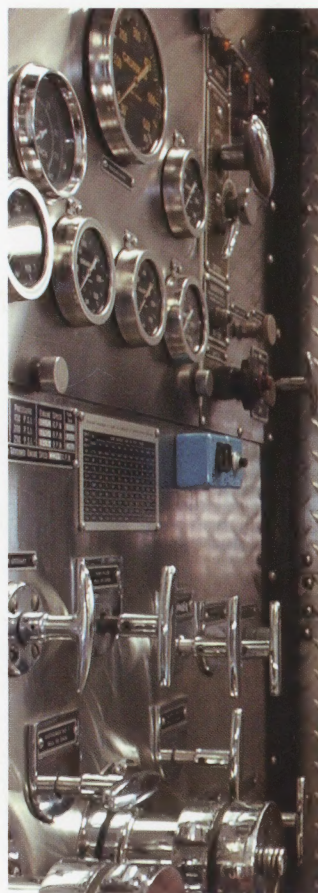
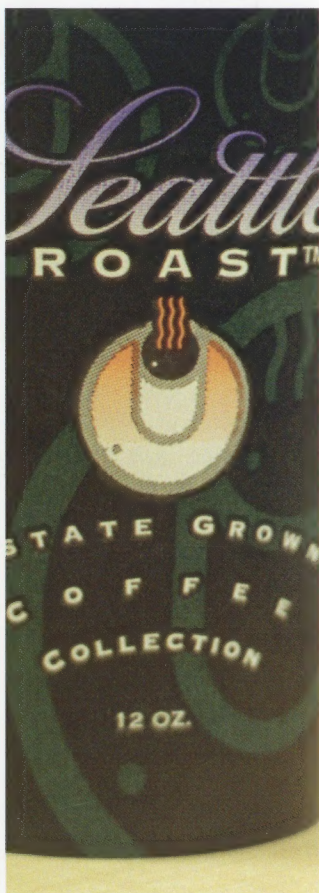
Even though there are varying opinions to this healing process, VanDeusen has seen positive results with her clients.

"Before I started, I was sick all year," Graves said. "With a \$10 deductible, I spent \$600 in one year."

"I am a lot better now. For me, it works. My Indian man tells me exactly what herbs are in the pill, so I know what I'm taking."



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